

THE SHAKERITE

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Rivalry between choirs ignites

The A Cappella Treble Choir and the A Cappella Mixed Choir sing their way through a healthy competition.

LIMELIGHT, PAGE 6



IT'S A DIET COKE THING

COLUMNIST ALLISON SCHARFSTEIN DEFENDS HER BEVERAGE CHOICES WHILE DEBUNKING COMMON COLA CONSPIRACIES.

PAGE 11



NOT ALL FUN AND GAMES GAME NIGHTS ARE FUN TO HAVE, BUT TOUGH TO PLAN. FLIP TO THE BEAT FOR A STEP-BY-STEP GUIDE TO PLANNING THE PERFECT GAME NIGHT.

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ADDING ADS TO HIGH SCHOOL SPORTS

WHILE SOME SCHOOL GYMNASIUMS ARE COVERED IN ADVERTISEMENTS, DON'T EXPECT TO SEE ANY IN SHAKER ANY TIME SOON.

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This Month

01.31.07

FEBRUARY NOT ONLY FOR LOVERS

Valentine's Day is known as the day for lovers. But if you are one of those without a valentine, you can call it Singles Awareness Day. February has more fun events than just Valentine's Day. Multiple concerts, Cavaliers games and sporting events sprinkle this month's calendar. Holidays like National Mint Chocolate Day make it socially acceptable to eat all the chocolate you can in one day even if it doesn't come in a heart-shaped box. So, whether you have a significant other or not, this month's activities will surely win your heart.



February

IN A SHAKER MINUTE...

HIGH IN THE SKY

While it may seem out of season, Kite Flying Day gives us all a chance to release our inner child, brave the 6 inches of snow and cast a kite into the forever-gray Cleveland skies. If the Feb. 8 holiday gives you the sudden urge to head to the nearest park then don't let your adolescence stop you. No matter your age, we can all appreciate the hours of joy that this simple toy can provide. So dig up a few old kites, untangle the string and enjoy.

CHARGED UP

Battery Appreciation Day provides an opportunity to celebrate an invention that we often take for granted: the battery. The origins of what we know as a battery can be traced back to 250 BC. Scientists have found evidence of primitive batteries during archaeological digs in Baghdad, Iraq. Today, we thank batteries for providing us entertainment by running our iPods and cell phones, and keeping us safe by powering home smoke alarms and our grandfathers' pacemakers. They are small enough to fit in hearing aids and large enough to power cars. Take time to appreciate the power of batteries Feb. 18.

FRESHMEN ONLY

The ninth grade theatre experience is one of the Theatre Department's most inclusive performances. The production is written and preformed solely by freshmen and provides them with a unique theatre experience. The First Nighter Preview is Feb. 22 at 8 p.m. and there are two other performances Feb. 23 and 24 at 8 p.m.

Compiled by Sarah Brandon

Compiled by Allison Scharfstein and Wesley Lowery

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 Miami Heat (h) @ 8:00 p.m.	2 Euclid (h) @ 7:30 p.m. Charlotte Bobcats (h) @ 7:30 p.m.	3 Justin Timberlake (The Chicken Lounge Arena) @ 7:30 p.m. Lakewood (h) @ 6:00 p.m. SL Ignatious (h) @ 1:00 p.m.
4 Battle of the Bands @ Peabody's Down Under @ 1:00 p.m. Detroit Pistons (h) @ 2:30 p.m.	5	6	7 Solon (a) @ 6:00 p.m. Los Angeles Clippers (h) @ 7:00 p.m.	8 Kite Flying Day	9 Rodney Atkins (The House of Blues) @ 7:00 p.m. Lakewood (a) @ 7:30 p.m. Miami Heat (h) @ 8:00 p.m.	10 Cleveland Heights (h) @ 2:00 p.m.
11 Everclear @ House of Blues @ 7:00 p.m. Los Angeles Lakers (h) @ 3:30 p.m.	12	13	14 HAPPY VALENTINE'S DAY!!! L.E.L. Cross-over Day (a) 6:00 p.m. Utah Jazz (a) @ 9:00 p.m.	15 Los Angeles Lakers (a) @ 10:30 p.m.	16 NO SCHOOL	17 Cleveland Heights (a) @ 2:00 p.m.
18 National Battery Day Battle of the Bands @ Peabody's Down Under @ 1:00 p.m.	19 NO SCHOOL National Chocolate Mint Day President's Day	20	21 Toronto Raptors (a) @ 7:00 p.m.	22 Ninth Grade Theatre Experience @ 8 p.m. Chicago Bulls (h) @ 7:00 p.m.	23	24 L.E.L. Cross-over Day (h) @ 2:00 p.m.
25 Guster @ House of Blues @ 7:00 p.m. Miami Heat (a) @ 3:30 p.m.	26 My Chemical Romance @ Wolstein Center @ 6:30 p.m.	27 New Orleans Hornets (h) @ 7:00 p.m.	28	Calendar Key Men's Basketball Women's Basketball Concert Cleveland Cavalier Game Theatrical Production		

Infographic by Sarah Brandon

Valentine's Day

180 million roses were purchased for Valentine's Day in 2005. (Society of American Florists).

\$2.4 billion worth of merchandise were sold by jewelry stores in February 2005, in the United States. (U.S. Census Bureau).

36 million heart-shaped boxes of chocolate were sold for Valentine's Day in 2005. (Chocolate Manufacturers Association and National Confectioners Association).

74 percent of rose purchases were made by men for Valentine's Day in 2005. (Society of American Florists).

84 percent of men bought gifts for their wife or significant other while only 24 percent of women bought gifts for their husband or significant other in February 2005. (IPSOS FloralTrends)

1,626 marriages were recorded in February 2005 as opposed to December and June there was a recorded 2,632 and 2,473 respectively (Register General's Department).

180 million cards were exchanged industry-wide excluding packaged kids' valentines for classroom exchanges on Valentine's Day 2005. (Hallmark).

by the #s



NEW SCIENCE CLASS BUILDS BRIDGES

A new engineering applications course will be introduced for the 2007-08 school year. The class will be open to seniors who are taking Honors or Advanced Placement mathematics and physics. The honors-level course, Engineering Applications, will expose students to engineering genres, such as mechanical, civil, computer, electrical, systems, aeronautical, structural, and biomedical. The course was developed in connection with the Cleveland State University engineering school.

Note Worthy

01.31.07

TWO SHAKER HEROES HONORED

BY WESLEY LOWERY
EDITOR IN CHIEF

"Civil Rights Marches of the '60s," a three-week photographic exhibit at the Shaker Community Building, kicked off Jan. 22 for the presentation of the city's annual Martin Luther King Jr. Award for Human Relations. This year's award posthumously honored former Lomond Elementary School Principal Dr. Lawrence Svec as well as Myra White, the current manager of Howard Hannah Smythe Cramer's Shaker office.

Since 1990, the City of Shaker Heights has given the award to citizens who are deemed to have a "commitment to compassion, humility, and service." The award's past winners include the Student Group on Race Relations founder Marcia Jaffe and the high school's Youth Ending Hunger Club.

Svec, who passed away Dec. 1 after struggling with cancer, was Lomond's principal since 1987 and had been working in the Shaker school district since 1969. Patricia Ann Svec, a former teacher in the Maple Heights School district accepted the award for her husband.

James Paces, the district's Executive Director of Curriculum attested to Dr. Svec's devotion to education and civility, adding that Svec "truly loved the community." Paces recalled the principal's commitment to expand the instructional day by using non-traditional teaching methods. "He was not afraid of controversy. He did whatever it took," said Paces.

White, who spent five years in Shaker's Housing Office, was recognized for her work with human and civil rights in fair housing.

White obtained her real estate license in 1976 in order to help encourage fair housing practices, and in 2006, urged Shaker Heights to include sexual orientation as a protected class under the city's Fair Housing ordinance. On February 27, 2006, City Council voted unanimously to amend the ordinance.

Cynthia Lammert, a co-worker of White, described her as having "amazing intellectual curiosity and commitment to social equality."

Kenneth White, Myra's son, described his mother as a "positive agent of change in the area of fair housing." Kenneth, who is an attorney for the US Department of Housing and Urban Development, said his mother's dedication inspired him to continue the fight for fair housing. "Myra has been a lifelong supporter of human and civil rights," said Kenneth.

White, who was in attendance to accept the award, quoted a passage from the Old Testament book Isaiah. "Learn to do good; seek justice, reprove the ruthless, defend the orphan, plead for the widow," said White.

Bernard Kleina, the photographer featured in the exhibit, spoke between the two award presentations and was pleasantly surprised at the number of people in attendance. While growing up in Chicago, Kleina became outraged at the racism he witnessed, and left his job as a priest to pursue a life of activism. "I had to do what I could," said Kleina, "and the best way to do that was with my camera." Kleina had no previous photographic experience, however he archived and distributed many of his photographs.

Kleina's photographs will remain on display at the Shaker Community Building until Feb. 18. For complete list of hours visit shakeronline.com.



PHOTOS BY BERNARD Kleina on display at the Shaker Heights Community Center.

Dan Snider • The Shakerite

BRIEFS

BOARD OF EDUCATION

•National Merit - The School Board recognized the 40 Shaker seniors who were named Semi-finalists or Commended Students in the National Merit, National Achievement and National Hispanic Scholarship Programs. Principal Michael Griffith introduced the students, and Superintendent Mark Freeman called the students' success on the test "a great indicator of success in higher education."

•Pool Alarms - Motion detection alarms have been installed at both of the district's pools. The swimming pools at both Shaker Heights Middle School and Woodbury Elementary School received these alarms to supplement conventional door locks. The alarms were added as a safety precaution, and a loud alarm will sound if an unauthorized person enters the pool surroundings.

•Hourly Wage - The School Board approved an increase in the hourly wage for student aides, tutoring center study aides and student technology aides to reflect the new Ohio minimum wage approved by voters in the November election.

•Lomond Principal - Dr. Lawrence V. Svec, the principal of Lomond School since 1987, died on Friday, Dec. 1, at his Shaker Heights home after a struggle with cancer.

•Winter Preparation - Thermostats will again be set at to 66-68 degrees during the day and 60 degrees at night, in all buildings. The installation of new, energy-efficient windows over the summer at Lomond, Fernway, and Onaway is expected to result in additional natural gas conservation. New generators are in place at the High School and Woodbury to provide emergency power and maintain critical computer network operations. The District also owns portable generation equipment for other locations.

Compiled by Wesley Lowery

District practices state-mandated lockdown drills for safety

BY CAITLIN NIELSEN
NOTEWORTHY EDITOR

As part of a statewide mandate, the Shaker Heights School District endured a lockdown drill last month to prepare staff and students for a possible intruder situation.

The ten-minute drill occurred Wednesday, Dec. 20, 2006, during third period, and was set into motion via an announcement at 10 a.m. from Principal Michael Griffith.

Freshman Shainna McCloud, thought the drill went smoothly. "I'm used to them. I went to other schools that did them," she said.

Griffith explained the drill to the student body the previous day in an announcement ninth period. "It is something that unfortunately has to be done in order to protect us," Griffith said.

According to the Shaker Heights City School District Critical Events Manual, a lockdown is a "procedure to be used in the event of an incident that requires that stu-

dents, staff and authorized visitors remain in classrooms or other secure areas."

Jenny Kutik, a senior, was apathetic towards the lockdown drills. "It wasn't a big deal. My class just kept taking our test," Kutik said.

During a lockdown drill staff members are expected to lock doors, cover hallway windows with paper and place a sheet of paper on the outside window; red signals that help is needed and green signals that all in the room are okay.

However, despite the Critical Events Manual's claims, not all classrooms in the building are equipped with red and green paper or even door locks, which poses a potential problem with the system.

Assistant Principal Dr. Neil Glazer said that all rooms have or will shortly have the green and red sheets that notify outsiders of the occupants' current status within the room. "Our first priority is the safety, health and well-being of the students," he said.

Fernway Elementary School enacted two practice

drills, one on Dec. 13, of which students were aware, and another on Dec. 15, which the students were not forewarned about.

Destiny Terry, a third grader at Fernway, enjoyed the drills. "They were cool! We got to sit by the closets and our teacher sat on the floor with us," Terry said.

The drill ended at the high school with Principal Griffith's voice drifting through the phone's intercom system to say that the drill had been completed and thanking everyone for his or her cooperation and time.

The lockdown drills have been added to the school district as a requirement of state law. Superintendent Dr. Mark Freeman has "mixed feelings" about the drills. "Before they were required, many faculty talked about the drills if they were a good idea."

They raise a lot of questions. Will they scare the young kids? Will they create a situation that destabilizes the school day? But when someone's life may be endangered, when a student, or faculty member may be injured, it is important to plan these drills," he said.

USA news

1. DRY RIDGE, KY.

Dec. 17 – A bus ran off a rural road and sideswiped a utility pole the morning of Dec. 17, critically injuring two middle school students. The AP reported that the bus contained 17 students when it crossed over the double yellow line into oncoming traffic, then proceeded off the road and ended up crashing into the pole. The AP reported that one of the Grant County Middle School students was in critical condition at Cincinnati Children's Hospital Medical Center and another was in critical but stable condition.

2. TUCSON, ARIZ.

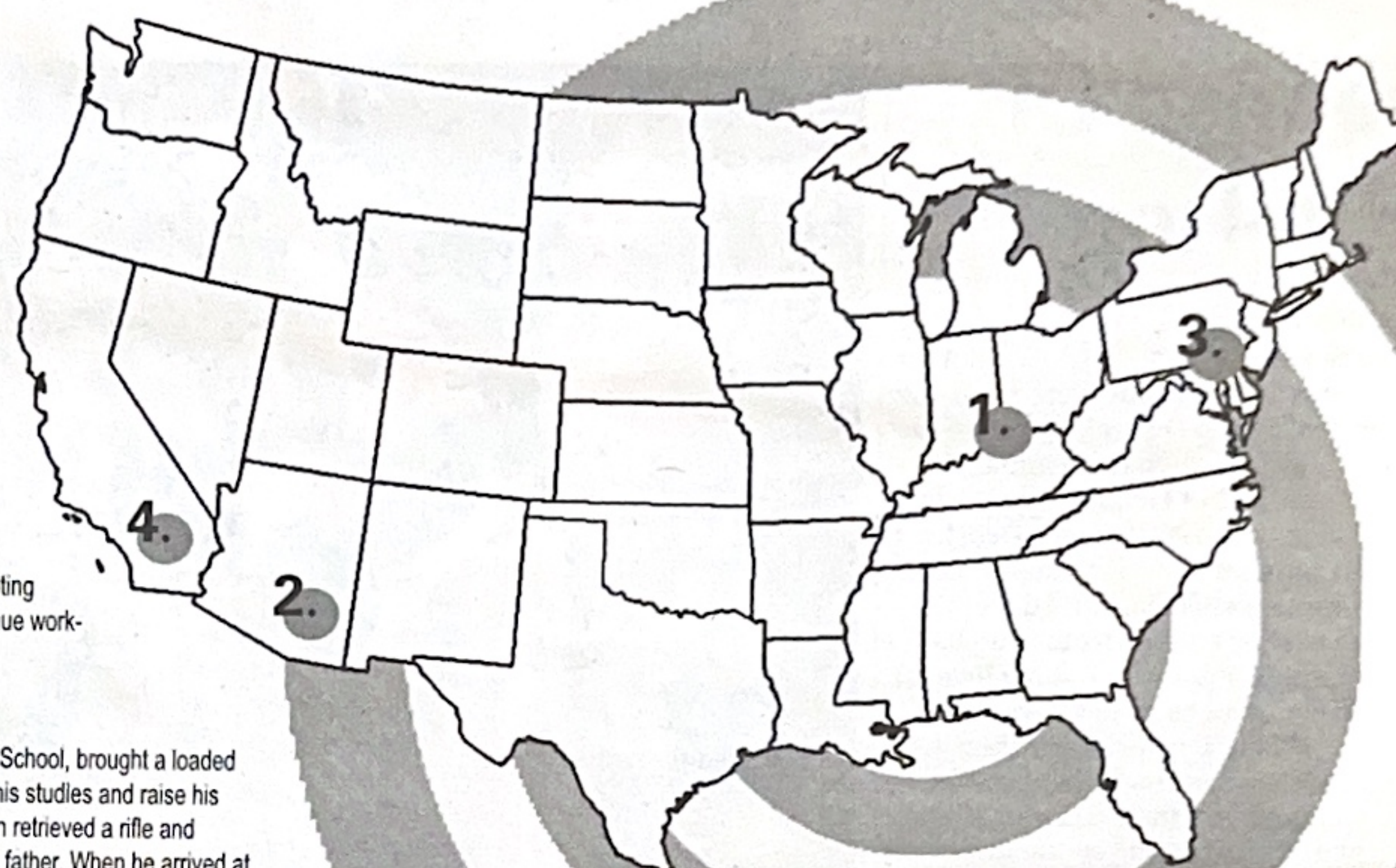
Dec. 17 – More than a dozen Army and Marine high school recruiters were caught by FBI cocaine investigators, Dec. 17. The federal sting, nicknamed "Operation Lively Green," has convicted 69 federal employees so far for accepting bribes to help smuggle cocaine. The accused recruiters were allowed to continue working at the high schools.

3. ERDENHEIN, PA.

Dec. 13 – Shane Halligan, an 11th grade student at Springfield Township High School, brought a loaded shotgun with him to school after promising his parents that he would focus on his studies and raise his grades, and shot himself. After receiving low grades on his report card, Halligan retrieved a rifle and high-powered ammunition after stealing the keys to the locked cabinet from his father. When he arrived at school he removed the weapon from a large duffel bag and fired several shots into the ceiling, triggering other students to scatter. He then shot himself in the head, the AP reported.

4. LANCASTER, CALIF.

Dec. 16 – An 18-year-old man pleaded no-contest to charges of plotting a killing spree at Quartz Hill High School, resulting in a five-year state prison sentence. Johnny Alvarez Casas admitted a no-contest plea to conspiracy to commit a crime and possession of bomb-making ingredients Dec. 14, the AP reported. The no-contest plea is not an admission of guilt but is used as a guilty plea for sentencing purposes. Casas and his co-conspirator, a 16-year-old, were both former students of the local high school, about 60 miles north of Los Angeles. The AP reported that the two conspirators confessed to planning an attack on the school on Valentine's Day, by planting homemade bombs and shooting students who had made fun of them.



Ohio news

1. CINCINNATI

Dec. 16 – A 13-foot boa constrictor killed its owner, Ted Dres, after it wrapped itself around his neck. An acquaintance found Dres inside the snake's cage Dec. 16 and called the police. When the police arrived, the snake was still strangling Dres and the officers had to work with members of an animal protection group to remove the reptile, the AP reported. The snake will be kept at a local animal shelter awaiting instructions from police and the Dres family.

2. BEVERLY, OHIO

Jan. 8 – A worker was killed and nine others were injured when an explosion occurred at a coal-burning power plant, Jan. 8. According to the AP, the cause of the blast, outside the Muskingum River Plant, is still unknown. The explosion occurred when the workers were transporting hydrogen gas, which the plant uses to cool the steam generators because hydrogen has a high capacity for heat and is more efficient than using air.

3. WELLINGTON, OHIO

Dec. 15 – Keith McGuckin was forced to remove a display featuring Nazi gingerbread men from the window of a local hardware store in Oberlin and reassembled the display in Wellington on Dec. 14, one day before the Jewish holiday of Hanukkah began, the AP reported. The owner of the hardware store made McGuckin remove the display last month after getting complaints about the its content. McGuckin said the Nazi gingerbread men are meant to provoke thought, not to offend.

4. COLUMBUS, OHIO

Jan. 8 – In an effort to improve inmates' health at the Franklin County jail doughnuts will no longer be available. The AP reported that the County Commissioner, Mary Jo Kilroy, put a stop on the \$55,000 annual contract for the doughnuts because of their low nutritional value and high trans-fat content. The prisoners were served doughnuts sporadically throughout the year.

5. CLEVELAND HEIGHTS, OHIO

Jan. 6 – A mother and son were arrested on suspicion of stealing a snake from a pet store. The pair was arrested when they returned to the store for books on the animal, the AP reported. The store clerk recognized the mother from surveillance video that had been recorded during the theft. The video depicted the 15-year-old boy removing the 30-inch baby boa from its cage, placing the snake around his neck and hiding it with his jacket collar, while his mother acted as his lookout.





FILM FINALLY RESTORED FROM WORLD WAR II DAMAGE

Jean Renoir's "The Rules of the Game," one of the finest films ever made, tells the story of an eclectic group of people who spend a weekend together, providing an in depth snapshot of French life before World War II. The catch is that for the last fifty years anyone who saw the film saw a compiled version from many different copies, due to much of the film's original version being destroyed in the war. A digitally restored version will be shown Feb. 2-4 at the Cleveland Cinematheque (for only \$6) and is a must see for all film lovers.

Lime Light

01.31.07

Demise Of Hip-Hop

My family loves hip-hop. My early rhymes were not from a Mother Goose collection but were from the works of Snoop Doggy Dog. At the age of seven, I couldn't tell you when Leonardo Da Vinci painted the Mona Lisa, but I could tell you when the Sugar Hill Gang dropped Rappers Delight. I don't remember crying when I found out Santa wasn't real, but I do remember sobbing when Notorious B.I.G. died. As I grew, so did my love for the soulful beats of hip-hop.



COLIN JACKSON

When I realized hip-hop had met its demise, I was crushed. I can't tell you the exact date it happened or who caused the downfall, I don't even know even where it is

buried. What I do know is that the songs that are now referred to as hip-hop are not the same intriguing lyrics of my childhood.

My problem arises with "rap music," a genre that strays from the essential four elements of original hip-hop. Hip-hop and rap music are not and will never be the same thing. Hip-hop was originally created with a message of inner-city life and it's hardships.

In "rap music," all that remains of this message are mentions of how big your rims are and how many "bitches" you have in your car. All remnants of storytelling and the voice the unheard have fallen into the abyss.

The commercialization of hip-hop robbed music of the integrity that was earned by early artists. Originally, making hip-hop music was a true art form. Early emcees such as Slick Rick, with his prolific lyrics, and Doug E. Fresh, with his outrageous beat-box style, were true artists. Today any doofus with a laptop and a web cam can make an entire album in matter of days.

The worst part of this technology is that all creativity has died. Most producers cannot even read music and lack classical training. They are reduced to reproducing songs that have already been made, a form of music called sampling.

It became all too evident during the summer of 2006 when the South birthed the snap dance, whose single instruction was a step to the side and a finger snap, followed by the exact same action in opposite direction. There were about a million songs to go along with it. The only problem was that they all sound exactly the same.

Just when you thought it is over and the mediocrity had come to a halt, an even more annoying trend emerged; the idea that if you play one verse from a previously recorded song over and over again, it will somehow become a hook deserving of it's own song. Where is the imagination? Where is the originality? Where is the innovation? It all is the same refried garbage from last year. It's not a new song when the first thing that thing that comes out of listener's mouth is "Wow this sound just like...."

I am not saying that rap music is bad; I just want to set the record straight. You can't call rap music hip-hop. They are just not the same thing. Hip-hop left this world a long time ago and left only a memory of sweet break beats, lyrics that would spark your mind, and a taste of creativity in its purest forms.



THE A CAPPELLA Treble Choir sings at their performance that was held Wednesday, Dec. 20. This choir is only women, unlike the A Cappella Mixed Choir.

RIVALRIES IN HARMONY

BY WESLEY LOWERY
EDITOR IN CHIEF

Entering Guidance Counselor Ronald Morgan's office for her freshman year planning meeting, current sophomore Jenna Lowry was prepared to make a decision she had been pondering for over a year. No, Lowry was not debating which level of science to take or which foreign language to enroll in; rather, she was selecting which of the high school's two a cappella groups to join, A Cappella Treble or A Cappella Mixed.

"I knew that I wanted to join the Treble," said Lowry, who added that her decision was heavily influenced by her two years of experience working with Elizabeth Blakeslee-Vokes, director of the A Cappella Treble Choir. Vokes directed Lowry at the middle school. "It's always fun working with Ms. Vokes," said Lowry.

Started in 2001, the A Cappella Treble Choir is an all-female performance group, created by Vokes, who created the choir due to a lack of space for female singers in the Mixed Choir. The all-female choir features over 60 students who meet during second period each day and who perform at all of the high school choir concerts.

Similarly, the A Cappella Mixed Choir meets each day, performing at many of the same events as the Treble Choir. Directed by Dr. Robert Schneider, the Mixed Choir consists of around 90 students, about 30-40 of who are men.

In recent years a rivalry has sparked between the two performance

groups. Last year, the Treble choir ordered shirts claiming, "Treble does it better." In retaliation, the Mixed Choir ordered shirts of their own, which said "But Mixed represents."

Senior Ryan Hines, co-President of the A Cappella Mixed Choir said that the shirts refer to the fact that the Mixed Choir represents the high school at the Lake Erie League competition. "If treble was truly best then they should prove that they are better by going to the competition," Hines said.

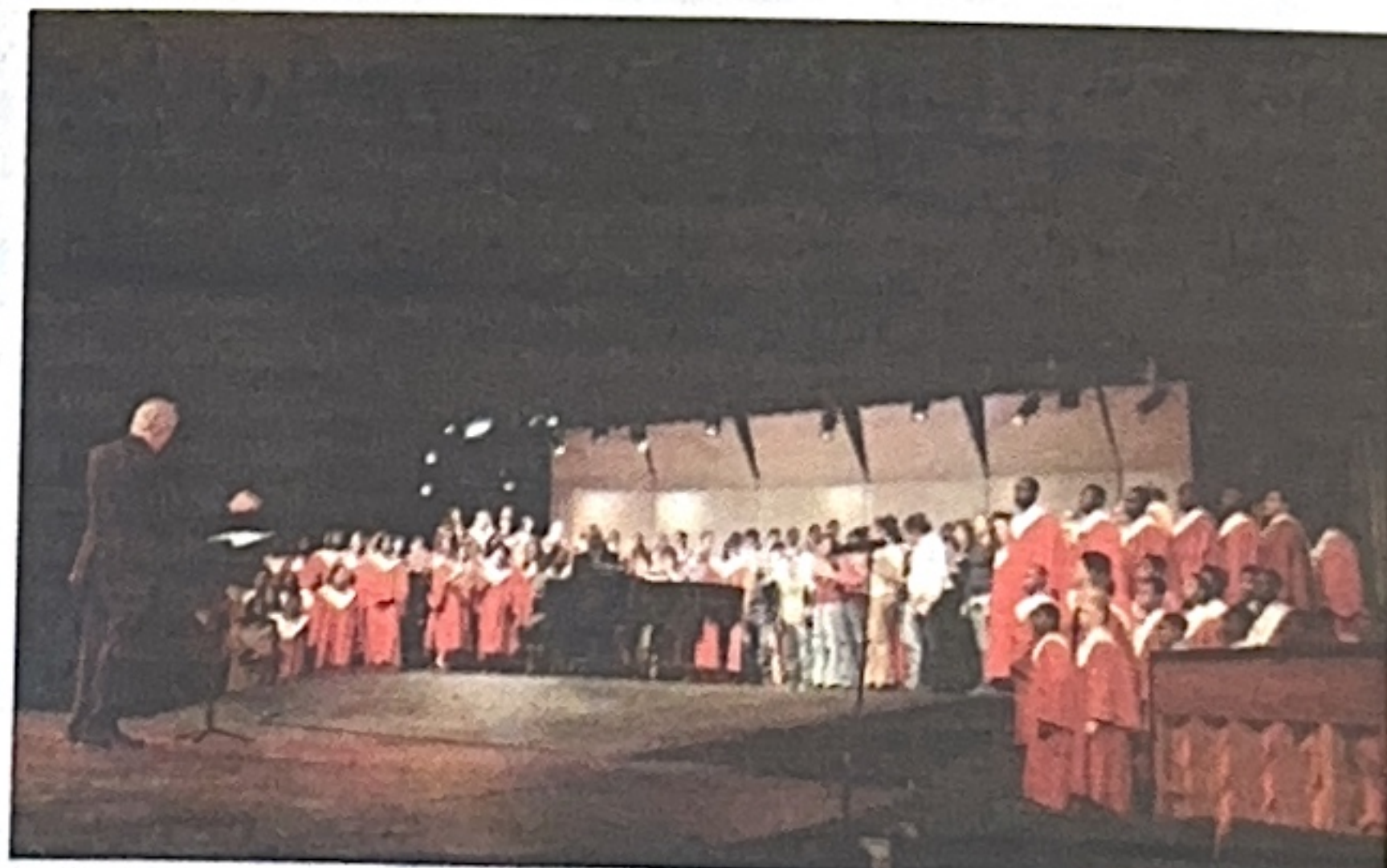
Junior Cedrit Leonard, a three-year member of A Cappella Mixed, does not see the tension between the two choirs as a bad thing. "It is more of a competition as opposed to a rivalry," said Leonard.

Senior Laurice Shelven, President of A Cappella Treble, sees the rivalry between the two groups as healthy. "It is a good competition," said Shelven. While there are many similarities between the two honors choirs, Shelven sees them as completely different groups. "The two are just so different," said Shelven, "each has its own strengths and weaknesses."

Hines agreed that the choirs have many differences. "The Treble choir sings newer and more upbeat songs, while Mixed focuses on songs that are more practical."

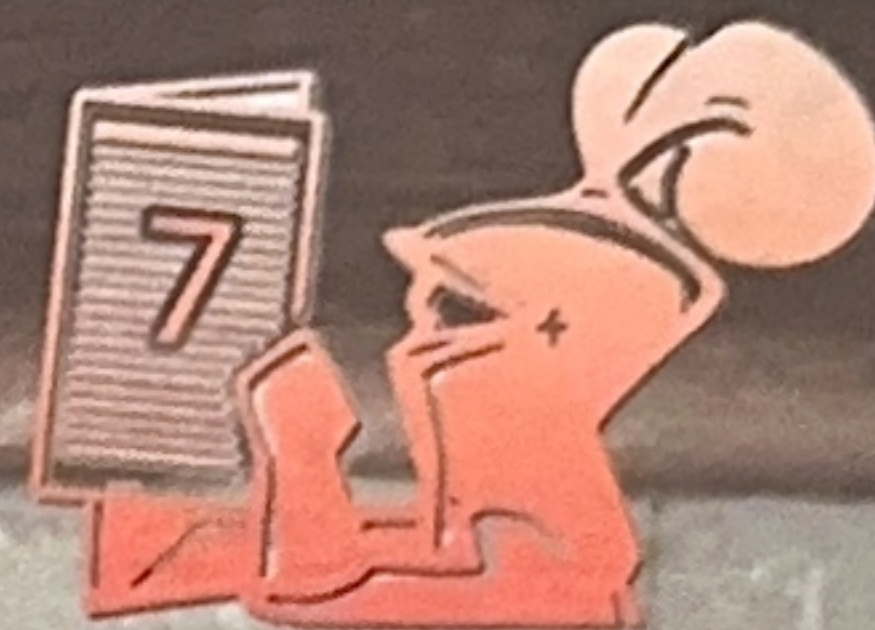
Vokes, who has spent time working extensively with members of both choirs, said that due to the difference in gender, the choirs will always be different entities. "You cannot compare the two groups, Vokes said. "We will never do the same music, or be able to be compared to each other."

Colin Jackson contributed to this story



BOTH A CAPPELLA choirs performing under the direction of Dr. Robert Schneider.

The Core



01.31.07

STEPPING UP AND

FACING FACTS

•In the age of "Mean Girls" and body builders, it's time to confront the truth. Eating disorders are becoming a serious problem.

Troubled teens seek support on the web

BY RACHEL KAISER
STAFF REPORTER

Thinspiration, Ana, purge and goal weight are just a few common words on pro-anorexia (Ana) and pro-bulimia (Mia) websites. These websites treat anorexia and bulimia like people, hence the names Ana and Mia.

Being pro-ana or pro-mia is believing that anorexia and bulimia are lifestyle choices rather than eating disorders. In addition to encouraging people with eating disorders, the websites feature pictures of anemically thin actresses and models as "Thinspiration." The websites offer tips on how to suppress hunger pangs and hide anorexia or bulimia from family, friends and doctors.

Pro-ana and pro-mia sites also provide a place where those with eating disorders can discuss their situations. On the pro-ana website, Fading Obsessions, user Starving Artist wrote, "I'm pro-ana/mia. That means I like it and want it to be a part of my life. It doesn't make much sense, then, to tell the world my secret. ... I doubt my friends and family are going to be like, 'Oh, Anorexia. Yeah, that's a great lifestyle. Keep up the good work.' Some secrets are best well hidden."

Girls between the ages of 13 and 19 make up 50 percent of all anorexia and bulimia cases. Last year a survey of 300,000 school age children by the Schools Health Education Unit found that almost half of all teenage girls were skipping meals regularly in an attempt to lose weight.

Healthcare professionals and therapists consider pro-ana and pro-mia websites dangerous because they advocate behaviors such as self-starvation, improper use of diet pills and laxatives and purging.

"Having these forums gives people a place to find communication, they feel like they're in a group of people like them ... sites like these say anorexia is an okay way to live, it's a distortion of reality," high school nurse Paula Dworkin said.

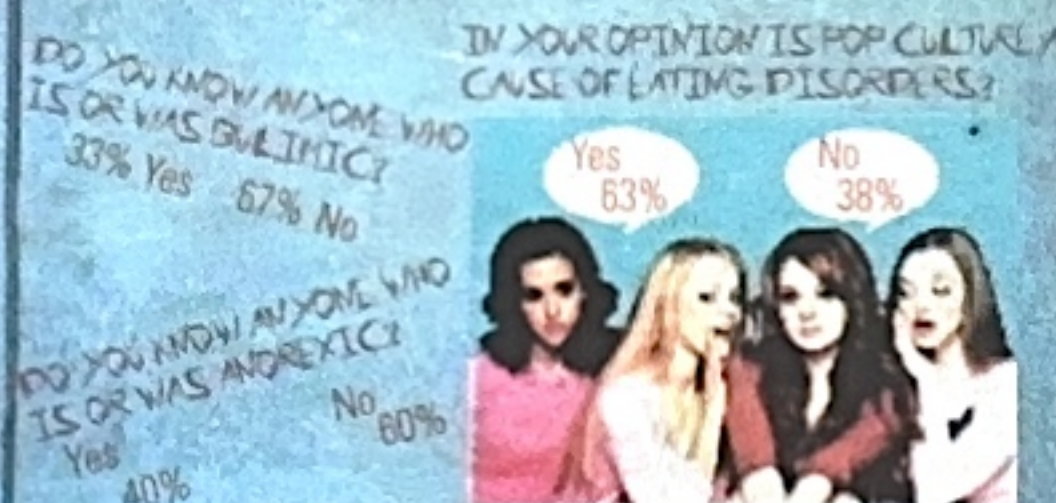
"I have known many young women through my practice who have been influenced by pro-anorexic sites to engage in purging behaviors in the interest of losing weight," said Abigail Natenshon on her website, empoweredparents.com. Natenshon is a psychotherapist who specializes in the treatment of eating disorders.

"These behaviors have led to dangerous eating disorders. These sites provide girls with a place to feel validated and rewarded for their self-abusive behavior," Natenshon said.

A recent Stanford research survey showed that pro-ana and pro-mia websites outnumbered pro-recovery web sites by five to one. It also showed that 40 percent of those who responded to the survey had visited pro-ana sites.

Although search engines such as Yahoo remove pro-ana and pro-mia websites from their searches, the sites continue to grow. Pro-ana material has also become more viewable on video sharing websites such as YouTube. However, adults such as parents and teachers concerned about vulnerable teens can actively counteract the message such sites send. The Eating Disorders Association also monitors these sites and campaigns against them. There are many site tracking programs and computer programs that block out offensive website available for parents to download, such as Cybersitter, Cyber Patrol or Net Nanny, which cost \$40-50.

The dangers of developing these disorders are easily recognized by others, though not necessarily those who visit the sites. "I think the person an eating disorder affects the most is the person with the problem," sophomore Katie Neubert said. "I don't think they know they have a problem because it starts out as trying to be healthier by exercising and eating better but it turns into an addiction."



Scientific poll of 120 students with a margin of error +/- 9.5 percent. Shakerite staff interviewed students.



Popular culture, sports, peers set body standard

BY NTENI NCANDU
THE CORE EDITOR

With obesity becoming an increasing issue in the United States, sports teams are being seen in a new light as a connection to thinner, fitter bodies. However, there is a fine line between trying to get toned and developing a serious problem, such as an eating disorder.

"I don't care if you have the highest self-esteem in the world, you're affected by what's around you," junior track runner Courtney Fort said. "Every other commercial on the TV is for a diet pill or Bally's Total Fitness. There is really nothing at all that promotes healthiness without emphasis on a certain size."

Sports have been proven to support healthier thinking regarding body image.

University of Michigan researchers found that exposure to sports related media and activity encourages adolescent females to focus positively on body image. The research found that in a study of 426 females ages 10-19, regular reading of sports magazines by older adolescent females is linked to greater acceptance of one's body and less disturbed eating in comparison to younger females.

"If you're more sporty, than you're more apt to not care about what others think and you think less about how you look, what guy you have to impress, and what to wear because you're more so concerned with your sport and team," Komp said.

Not all athletes are spared the body insecurities that often lead to eating disorders. Studies conducted by the International Journal of Eating Disorders show that approximately seven to ten million women across the country suffer from eating disorders and as many as a million, often overlooked, men may struggle with the diseases.

In a scientific poll of 101 Shaker students, 83 percent of those questioned think that females are more greatly affected by eating disorders as opposed to three percent who believe that males are more greatly affected. Three percent were unsure and 11 percent believed both genders were equally affected (margin of error +/- 9.12 percent).

"I think more girls have eating disorders because it seems like girls are more concerned about the way they look," junior soccer player Donald Petarra said. "But in some traditionally male sports like wrestling, athletes want to get to a certain weight and a lot of them undergo

changes."

The effects of sports aren't necessarily negative. Komp believes that certain sports boost students' confidence.

"Football and tennis affect teens more so with their body image. I'm on the tennis team and I know that tennis strengthens my thinking and makes me more motivated and stronger," Komp said. "Our Shaker tennis team is so close and we have one goal, which is victory and though many people on the tennis team have different personalities, we work together."

Studies by the International Journal of Eating Disorders found that valuing winning as the most important goal sometimes unintentionally encourages eating disorders in male athletes. Similar studies by the Nemours Foundation, a non-profit knowledge corporation on health, found that when eating disorders do emerge in athletes, the result is usually injury because of loss of energy.

Despite what studies say, Petarra said that sports affect teens for the better, but concedes that some sports influence teens to maintain a certain image.

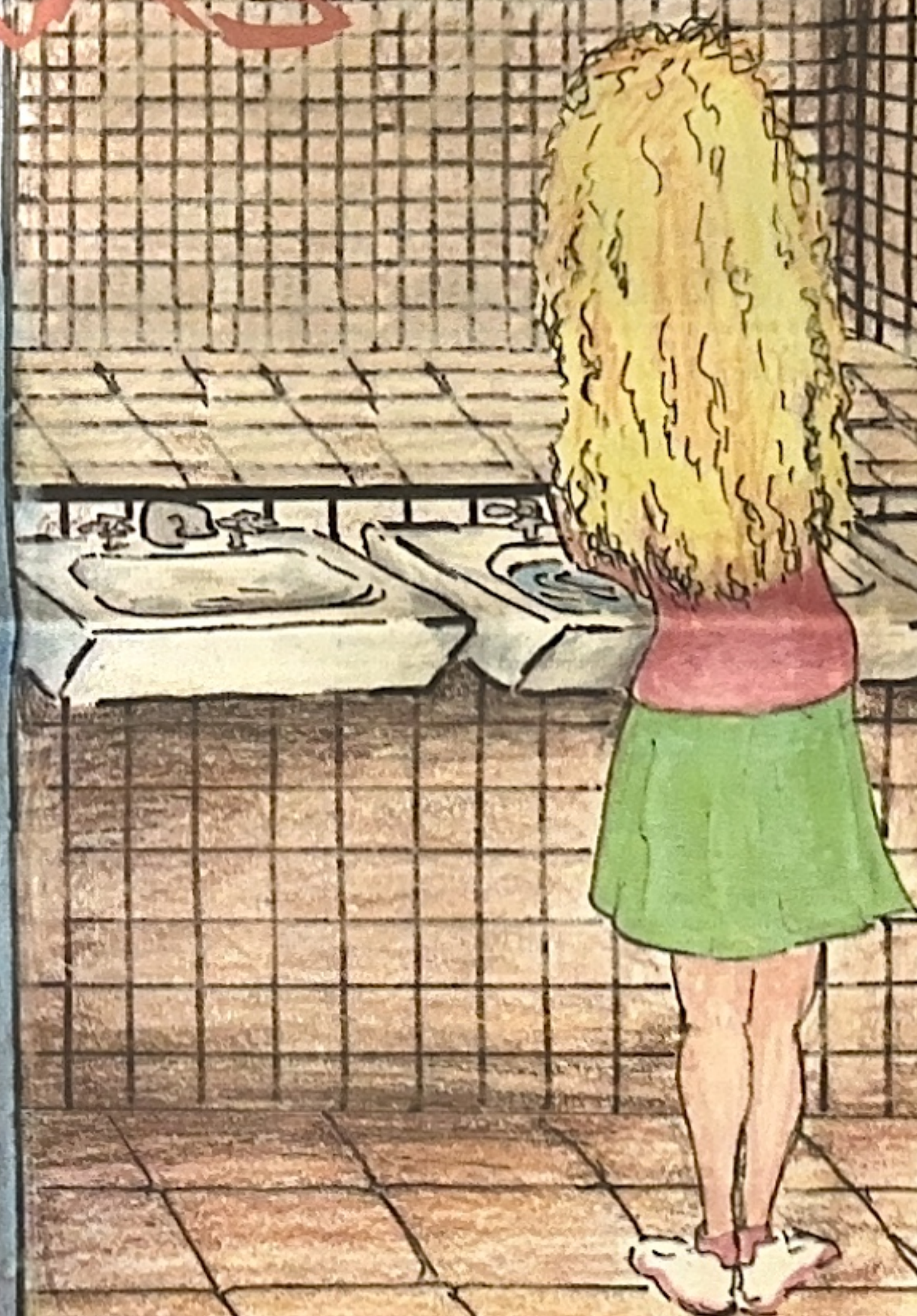
"I think sports help teens gain self confidence. Usually when you do sports, you either lose weight leading to toning or gain more muscle, so you feel better about yourself," Petarra said.

"Wrestling and ballet affect teens' body images most because wrestling is about getting to a certain weight class and my friends who do ballet usually say that they have to adhere to a certain body image and way of life."

According to John Robertson, a doctor of naturopathic medicine, "Sports with high rates of eating disorders for women include swimming, diving, figure skating, gymnastics, dancing and distance running. For men, add wrestling, jockeying, body building and rowing as sports that often necessitate weight restriction and thus often lead to unhealthy eating."

Fort believes that sports help teens with image issues but sees peers and pop culture as setting a certain standard.

"Our high school isn't really like movie schools like in Mean Girls, but television shows like America's Next Top Model set standards for both boys and girls. You want to fit in with peers so you have to be a certain size, weight and wear certain clothes," Fort said. "Sports do help but everybody is not made to play a sport, so you have to find another outlet."



Scaling up to the truth

- If you are worried that a friend has an eating disorder, do not just sit around and wonder whether your friend is okay. These five simple steps will guide you in helping your friend.

STEP 1: TUNE IN

Learn as much as you can about eating disorders through books, pamphlets and accredited websites. By learning the facts, you will be able to support your concerns with more than just gossip and stereotypes. This knowledge will help you to reason with a friend who is not yet willing to accept that he or she has a problem. You may also find that the signs that pointed you to an eating disorder are related to other conditions or that your friend has no problem.

STEP 2: STEP UP

If signs point to eating disorders, confront your friend. Back up your ideas with evidence and refer to specific events that sparked your suspicion. He or she may not realize that you are trying to help him or her, but do not let your friend brush you off. Avoid phrases such as "You are so skinny," and "Why would you do this to yourself?" These types of comments could lead your friend to shut you out. Instead, say, "I'm concerned about your health." Also avoid promising not to tell anyone or threatening your friend in any way. Try to express to your friend that you are worried about him or her and that you are simply trying to help.

STEP 3: GET INVOLVED

Urge the person to get help. Be caring but firm and do not be manipulated by statements such as "I'm fine" or "I don't need help." Remember that eating disorders are very serious and potentially fatal. Suggest adults in your friend's life who he or she could talk with comfortably and remind him or her that you are available if he or she ever needs to talk. You cannot force a friend to seek help and attempting to do so could lead to a break in your friendship and a downward spiral for your friend.

STEP 4: PRACTICE WHAT YOU PREACH

Be a good role model. Stay aware of your own eating habits and behaviors. Try to maintain a healthy lifestyle in regard to both food and exercise, particularly around your friend but do not make a big deal of the eating habits of you or your friend. Be conscious of what you say. Try not to comment on any weight changes made by your friend. Such comments could possibly lead his or her condition to worsen.

STEP 5: SHARE YOUR CONCERN

Tell someone. If you feel that your friend is not seeking help or improving, do not hesitate to talk to an adult, such as a teacher or parent. You may feel like you are betraying your friend, but remember that you could be saving your friend's life. Do not wait until your friend's life is seriously in danger to act. By then, it might be too late. Your friend needs support and help, even if he or she is not yet willing to easily accept it.

EATING DISORDERS DEFINED

Eating disorders are psychological disorders that exhibit themselves as extreme attitudes, behaviors and emotions related to both weight and food issues. They are not diets. They are serious emotional conditions that affect both men and women of all ages and races. In many cases they can have serious mental, emotional and physical side effects and can be fatal.

Anorexia nervosa is typified through self-starvation and extreme weight loss. Anorexics develop an intense fear of gaining weight, feelings of obesity despite continual weight loss and immense concern with both the weight and fitness of their bodies. Anorexia nervosa can result in loss of menstrual periods, muscle loss, severe dehydration, faintness, hair loss, abnormal heart rate and low blood pressure. If you are worried that a friend is anorexic, watch for discomfort eating around people, hiding food and talk of calorie counting or the fat content in foods.

Bulimia nervosa is typified through cycles of binge eating followed by purging. Bulimics will consume mass quantities of food in short periods of time and then remove the calories and food from their system, or purge. Purging can be done through vomiting, the use of laxatives, diet pills, excessive exercising or fasting. Bulimics develop intense fear of gaining weight, concern with both the weight and fitness of their bodies and anxiety over the process of binges and purges. Bulimia nervosa can result in an electrolyte imbalance that causes irregular heartbeats, gastric rupture, inflammation and possible rupture of the esophagus, tooth decay and peptic ulcers. If you are worried that a friend is bulimic, watch for periods of bingeing, compulsive gum chewing or eating of mints and a tendency to go the restroom immediately after eating.

Binge eating disorder, also known as compulsive overeating, is typified through periods of uncontrolled, impulsive or continuous eating beyond the point of comfort. These periods, though not followed by purging, can result in fasting or dieting. Binge eaters can develop anxiety, depression and unhealthy weight gain. Binge eating can result in high blood pressure, high cholesterol, heart disease, diabetes and gallbladder disease. If you are worried that a friend is binge eating, watch for bingeing followed by period of fasting or dieting and talk pointing towards a growing dislike of his or her body.

Eating disorders are control disorders. People with eating disorders may use food or control of food to compensate or deal with emotions that would otherwise be overwhelming. These disorders can be caused by psychological factors such as low self-esteem, depression, anxiety, anger or feelings of inadequacy. Eating disorders can also develop in response to teasing about weight and body shape or from a history of physical or sexual abuse. Cultural factors such as the glorification of thinness and narrowing definitions of beauty also may play a part in causing eating disorders. Scientists are currently researching the possibility of body chemicals causing the disorders. This theory is supported by the frequency in which eating disorders run in families.

ShakerSpeaks

01.31.07

DON'T BE A SNITCH

"Stop snitching" has made its way from the hip hop community into mainstream America through a popular T-shirt line bearing the slogan. To snitch means "to turn informer". The shirts can even be seen in our hallways, but it seems the message is not getting through to the students. We are told when we are young not to be tattletales, and the message is no different in high school. This means that every time you see someone skipping class or smoking near school there is no need to run tell authority figure.



Dispelling the Diet Coke myth

I favor Diet Coke over regular Coke, a simple culinary preference.

However, in social situations, such as in restaurants or after school, when given a choice of soda, selecting diet soda often elicits remarks from my fellow cola drinkers.

"Diet Coke taste is like crap," "it will make you die of cancer" and "you're drinking your way to a brain tumor" are common remarks I often receive.

While these comments are usually lighthearted, for some reason they really get to me. Soda preferences should be insignificant (after all, they're only carbonated drinks), but when someone challenges my dear old Diet Coke I have an urge to defend myself.

Taste is the first factor. If you enjoy drinking sugary syrup that has an aftertaste reminiscent of bad candy, otherwise known as regular Coke, then we must have very different taste buds. For me, Diet Coke is the ideal drink; crisp, refreshing and light.

Now, to address the common myth of about "poisonous" Diet Coke: Diet Coke haters believe the common misconception that Diet Coke is unhealthy but I've just always known that Diet Coke was risk-free.

That might have something to do with the things I've been taught having physicians as parents.

At an early age, many medical myths were quickly dispelled in my house; cough medicine doesn't work, you won't catch a cold from going outside when it's chilly (hypothermia maybe, but definitely not a cold) and Diet Coke is not bad for you.

Diet Coke contains aspartame, a chemical sweetener and the ingredient in that my challenging friends refer to as dangerous. According to webmd.com however, aspartame is a harmless chemical. The only people for whom aspartame poses a medical problem are those who have the genetic disorder phenylketonuria, a disorder in amino acid metabolism that only occurs in one in 15,000 births in the United States and is diagnosed in newborns.

In addition to taste, Diet Coke has a number of advantages over its regular cousin. Diet Coke contains no calories and no carbohydrates, making it friendlier for the waistline; this is especially important now that obesity is arguably the nation's most serious epidemic.

Regular Coke contains a whopping 36 grams of carbohydrates and 155 calories in one can alone. You can have a nutritious bowl of Cocoa Krispies and still not rack up as many calories as a regular soda. And while both regular and Diet Coke can cause tooth decay, regular soda's high sugar content is far worse for your pearly whites.

When it comes down to it, I'm not trying to convert you into a Diet Coke drinker, I just want to stop being harassed about my soda choice. Respect that I like my Diet Coke (and that it won't kill me), and I'll try to accept that you enjoy your sugary, calorie-laden beverages.



ALLISON SCHARFSTEIN

NO MORE BACKSEAT DRIVERS

Say goodbye to lunchtime trips to Wendy's, unless you're planning on going solo. Come March, a new Ohio law will place restrictions on teen drivers under age 17.

Until drivers turn 17, they will only be allowed to transport one passenger who is not a family member, unless a parent or guardian is also in car. Drivers can only be ticketed for violations of this new law if the vehicle has already been stopped by another traffic violation. While going out to lunch on your own might seem lame, this driving law isn't designed to foil your lunchtime forays. Its main goal is to improve safety on the roads.

Passenger noise is a major distraction for all drivers, but creates an extra risk for new drivers, who lack experience behind the wheel. While it might be more fun (and economical) to drive with four of your best friends, it isn't safe. The risk of being in an accident increases with every passenger added to the vehicle.

Teenagers make up only seven percent of the driving population in the United States, yet they cause 20 percent of the accidents, and 14 percent of the total fatalities on the road. The number one cause of death for 16-20 year-olds is automobile accidents, with 68,000 teens dying in car crashes over the last ten years. An even more staggering statistic relating to the new teen driving law in Ohio is that 65 percent of teen automobile deaths happen while another teen is driving. Due to this laundry list of statistics, it is obvious that something must change when America's newest drivers take to the road.

The new law is a step in the right direction by our state government. It is clear that youth have not taken the responsibility and neither have their parents, at the cost of unsafe roads for the general public. Hopefully this new legislation is the first step of many towards lowering crash related fatalities among teenagers.



When did the skybox become the crybox?



To the Editors:

The Shakerite's willingness to use its anonymously written skyboxes to make jabs at fellow students never ceases to amaze me. Now, I'm a believer in the adage that "the truth hurts," and by no means am I

suggesting that the Editors should not print criticism. In fact, I commend the Editors for their willingness to print articles, columns, letters and opinions that are controversial or may pose some offense to the readers. I am, however, continually amazed by the outrageous and un-researched generalizations that The Shakerite prints.

In the December 20, 2006 Shakerite, a skybox entitled, "Lesson Changes Aren't Fair" appeared on the Shaker Speaks page. The unidentified author made an excellent point: teachers should not change their lesson plans to accommodate the extracurricular commitments of a few students, who should learn to balance their extracurricular activities more effectively. However, I think that every one of the 94 students involved in the production will disagree that their teachers neither lightened their homework load nor rearranged class schedules. (I will concede that I have heard that one teacher pushed back a test date, but I would venture to counter this sole example with

the suggestion that perhaps our testy author might complain to that teacher, rather than unfairly tearing down the accomplishments of his/her fellow students.)

This whining diatribe simply does not reflect reality. These students spent one week rehearsing until nearly 11 p.m. each night and were responsible for not only their work but also the other extracurricular activities, which the mystery author suggests we all need to learn to balance, including daily sports practices, rehearsals for other orchestras and clubs. The Shakerite is correct—it is the student's job to figure out how to fit everything in. The "Into the Woods" production company did just that. So rather than unfairly bashing hardworking students, how about recognizing their commitment and dedication? Or, dear Editors, if you aren't willing to print something nice, and accurate, don't print anything at all.

Sincerely,
Stephanie Goldfarb
Principal Cellist—"Into the Woods" Pit Orchestra

EDITORS' NOTE:

All skyboxes are authored by the respective section editors. The Shaker Speaks skybox expresses the opinion of the Shaker Speaks Editors. Current Shaker Speaks editors are Colin Jackson and Lena Newman.

ROLLBACK ON WAL-MART OVERDUE

• Consumers have moral responsibility to hold corporations accountable for unethical business practices

With Congress preparing to vote on increasing the national minimum wage, Wal-Mart released a statement in support of the increase.

For a corporation obsessed with the bottom line, endorsing an increase in workers' wages seems contradictory. But higher wages for workers means more money for them to spend at Wal-Mart. And everyday low prices might help keep buyers' wallets full, but all that saved cash is producing some high-price problems.



Lena Newman

As one of America's leading corporations, Wal-Mart has a responsibility to set a positive example for corporate America. Corporations big and small should have a standard of ethics, and Wal-Mart should not be immune. From committing egregious labor violations to placing extra stress on our nation's economy, Wal-Mart is the epitome of the corrupt conglomerate.

Showing complete disregard for federal labor laws, Wal-Mart is currently embroiled in numerous labor lawsuits. Investigations have found the corporation guilty of firing workers on medical leave who were protected under the Family and Medical Leave Act. Wal-Mart is also guilty of skimping on time for work breaks and forcing employees to work off the clock.

In their seemingly endless endeavor to cut prices, Wal-Mart skimps on healthcare. According to walmartfacts.com, only 46 percent of the company's employees receive healthcare coverage

through Wal-Mart, compared to the national average for large companies of 63 percent. In addition, the company does not make it easy for employees to access its unreasonably expensive healthcare. Obtaining the policy is confusing and requires almost a yearlong waiting period. This speaks to Wal-Mart's reluctance to fund a comprehensive plan for their employees, who are in desperate need of coverage.

Low-income employees are provided with information, courtesy of Wal-Mart, on how to obtain state healthcare coverage. Because of Wal-Mart's unwillingness to take care of its workers, the burden of healthcare is shifted to the taxpayers. In 21 states, including Ohio, Wal-Mart's employees dominate the list of employed people on state-funded healthcare.

Wal-Mart's business practices don't just affect their employees. A new Wal-Mart provides fierce competition to locally owned businesses, and often puts them out of business. While Wal-Mart might create jobs, it destroys Main Street.

An aggressive outsourcing policy also makes Wal-Mart responsible for hurting the national economy. According to walmartwatch.com, more than 80 percent of the company's suppliers are based in China. Hoping to secure a lucrative contract with Wal-Mart, American companies are forced to slash their production costs and outsource.

Wal-Mart is responsible for sub-standard wages, inadequate healthcare, destruction of mom-and-pop businesses and outsourcing.

And to think, all this from a company whose logo is a smiley face.



Tyler Naugle • The Shakenite

"I think it's good that Wal-Mart offers low prices but the need to find a way to do it without mistreating their employees."



Emily Janata • junior

"I like low prices a lot, but I don't shop at Wal-Mart because they treat their employees so badly."



Amadu Gueye • sophomore

"I am not opposed to shopping at Wal-Mart because they have everything and they sell everything at low prices. People who work at Wal-Mart do not view the things that we view as unfair treatment, as unfair treatment."



Stan Chvetsov • junior

ANTI-WAL-MART ESSENTIALS

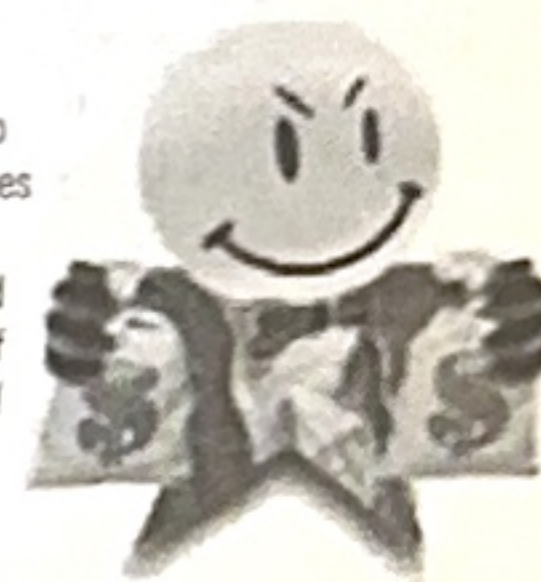


WAL-MART: THE HIGH COST OF LOW PRICE

Originally released in 2005, this documentary couples hard-hitting facts with personal stories to create a moving expose on one of America's most ruthless corporations. Wal-Mart's healthcare and labor abuses are highlighted as well as the effect the construction of one Wal-Mart has on a local community. To order your copy: www.walmartmovie.com

WAL-MART WATCH

This website is an excellent place to keep updated on Wal-Mart's activities and get involved in the anti-Wal-Mart movement. Frequently updated information keeps visitors abreast of Wal-Mart in the news on a local and national level. One of the site's best features is the whistle-blower section. Here, former employees can log complaints to help change Wal-Mart. The site also has plenty of links to other anti-Wal-Mart resources. To visit the site: www.walmartwatch.com



BATTLE-MART

Wal-Mart Watch's official blog, Battle-Mart follows community's fights against the corporation opening stores in their area. The site features a fight each week, as well as chronicles past victories. For the activist visitor, the blog has a Battle-Plan that outlines how to prevent a Wal-Mart from taking root in your community. To visit the site: www.walmartwatch.com/battlemart



MERCHANDISE

For the inner activist in all of us, reclaimdemocracy.org offers anti-Wal-Mart shirts, buttons and bumper stickers. All items feature a spoof on Wal-Mart's logo and slogan, a frowny face and the slogan, "Low Wages, Low Morals. Always." Proceeds from purchases go to fund Reclaim Democracy, which is dedicated to, "Restoring citizen authority over corporations." To purchase: www.reclaimdemocracy.org

Compiled by Lena Newman

DEFINE YOUR WORLD

Not your normal dictionary site, UrbanDictionary.com is an online slang dictionary where you can find unique slang words or even define your own. Ever heard of ralree? We doubt it, but on the website it is defined as "the sound a manatee makes." Each definition has an example and for ralree, the example is "RALREE! RALREE!!!!" said the Manatee." You can even sign up to get the word of the day e-mailed to you for a bit of laughter.



SHAKER

BY ALEXA SYKES
STAFF REPORTER

What does one need to know to converse with a Shaker student? Whether you're new to the school, a parent needing to translate teenager, or just hopelessly out-of-touch, this dictionary should help decipher any Shaker speech.

BALLIN' [adjective]: cool, popular; [verb]: the act of doing something that is striking to other people. "We ballin'!"

BOO [noun]: a term of affection, a boyfriend, girlfriend, spouse, loved-one, soul-mate, etc. "You're my boo, I love you."

DAWG [noun]: a close friend, a name for a best guy friend, term of affection. "I'll call you tonight, dawg."

DEEZE [interjection]: a word used to rub something in another's face, mostly used alone. "Deeze!" "You got dumped? Deeze!"

FOR SERIOUS [adverb]: seriously; can also be used as a question. "I was for serious upset." "You got those shoes? For serious?"

GRIMY [adjective]: grotesque, disgusting, gross, ugly. "Ew, those plaid shorts are grimy."

HATER [noun]: someone who tattles on others or constantly stirs up trouble; instigator, teacher's pet; tattler-tale. "You told her? Why do you have to be such a hater?" Also used as "Haterade." "Stop sippin' on that Haterade, hater."

SLANG

MY BAD [excuse]: someone takes the fault for something and uses this excuse; my fault; sorry. "My bad. I didn't mean to trip you."

RAW [adjective]: cool, interesting. "You got those new Jordans? That's raw!"

SALTY [adjective]: to be embarrassed, upset, or let down by something. Is interchangeable with the word saudy. "I'm so salty I didn't do well on that math test."

SWEET [interjection]: an exclamation of happiness. "Sweet! I got an A!"

THIRSTY [adjective]: jealous, needy, wanting something that you can't have. "You're thirsty for an A in that class."

TIGHT [adjective]: cool, interesting, the newest trend. "That's tight."

TRIFLIN' [adjective]: ignorant, messed up, unbelievably stupid, unkempt. "You're wearing those jeans for the third day in a row? That's triflin'."

TRIPPIN' [adjective]: un-cool, ignorant. "That's trippin' that you're still crying over that girl after two weeks now."

YOUR MOM [comeback]: used as a phrase to retaliate an insult. "You're stupid." "Your mom's stupid!"

Photo illustration by Dan Snider

HEARD in the Halls

Overheard and out of context

"I wanted to be born in August, but it's too late now."

1/12

Person 1: "Ew man did you fart?"

Person 2: "Yeah I farted, jealous?"

12/13

"You don't snort when you get spanked."

1/11

"All these school taxes and we don't have staplers! I bet Cleveland Heights has staplers..."

12/18

"Ew! It looks like Disney World threw up!"

1/10

Girl (entering French classroom): "Hola!"

Boy: "Look at her, entering in here speaking that heathen language."

12/28

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We have answers.

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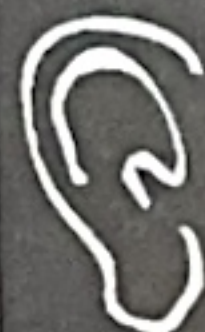
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of Greater Cleveland

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off in room 231
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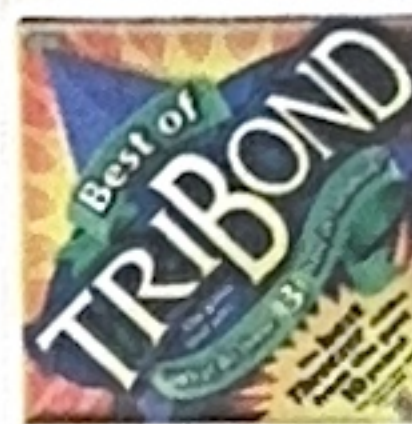
Compiled by Sarah Weiss

Remember waiting for hours for someone to go bankrupt or endlessly rolling the dice trying to get out of jail? We can all agree that Monopoly is really fun, but eventually even the thrill of passing Go and collecting \$200 wears off. If you are in need of a new game here are some suggestions of new board games to try as well as a few updated classics.



RAIDER
READING

TRIBOND



Can you guess what Florida, a locksmith and a piano have in common? Keys. This is the basis for the game Tribond. Players move their pieces around a triangular board and at each space pick a card from one of the five categories. Each card has three items listed, and the player or team must determine how they are related in order to keep moving around the board. Tribond also comes in Tribond Jr. and Bible Tribond.

CLASSICS UPDATED

MONOPOLY

Here and Now edition
Mega edition
Anti-Monopoly
Bibleopoly
Cat-opoly
Dog-opoly
Horse-opoly
My NBA Monopoly game
My NFL Monopoly game
Photo-opoly

CLUE

DVD edition
Simpsons edition

THE GAME OF LIFE

Pirates of the Caribbean:
Dead Man's Chest edition
The Simpsons edition
Spongebob Squarepants
edition

SCRABBLE

Super Scrabble
Upwords

WHO DO SHAKER STUDENTS HAVE GAME NIGHTS WITH?

26% family
30% friends
3% other
43% Don't have game nights

Scientific telephone poll of 120 students with a margin of error of +/- 9.12 percent.

Bored Nights? Switch to Board Games!

Game nights can be fun, spur-of-the-moment events, but you can also put in some time to organize and plan the evening. Here are some pointers on hosting a unique and exciting game night.

1. In order to have a game night, you need people to play with. Make a guest list of people you know, or have an anyone-can-come policy. Keeping it small and intimate with your closest friends can offer some fun bonding time, but branching out to allow for random guests could provide some interest.
2. Ask guests to bring their favorite games along and scrounge out your old board games from the cupboard and basement. Pick out some favorites early or wait until guests arrive to decide.
3. If the games require pens, paper or other materials, make sure that you gather enough beforehand so you don't waste any time.
4. Every party needs food, and for a game night the best choices are finger foods. Finger foods make it easier to simultaneously play and eat. Pizza, candy, chips and dip and other munchies are good choices. Potluck might be the easiest way to go. That way, everyone chips in and there's a variety of food.
5. If there are a lot of people, set aside separate areas for different groups of people to play different games. If everyone wants to play together, team playing for an extra bit of a competitive edge can make the night enjoyable for both large and small groups. Decide which option would be best for your group.
6. Pick the games that you want to play and enjoy!

Compiled by Kelly Eisele

CRANIUM



Cranium is set up like a classic board game where you move your piece around the board and the first person to the end is the winner, but Cranium involves so much more. The game is played in pairs or small groups. On each turn, a team picks a card from one of the four categories: Star Performer, Creative Cat, Data Head and Word Worm. Each card explains a short activity, such as spelling a word backwards, humming a tune and drawing with your eyes closed. For younger participants, try Cadoo, which is a junior version of Cranium.



SHORT LINE
RAIDER

SCENE IT?



Scene It? is a DVD board game. As you move around the board, you face 11 different types of challenges that incorporate movie clips. This game features a FlexTime board where you can make the board bigger or smaller, depending on how long you wish to play. The traditional version of Scene It? is solely based on films, but there are other editions, including Disney Scene It?, Harry Potter Scene It?, Friends Scene It?, HBO Scene It? and Warner Brothers Scene It?.

PENNSYLVANIA
RAIDER



In Balderdash, you can learn what the word "shunpike" means while having a good time. In each round, a word is picked and each player creates his or her own definition. Guesses are read aloud and people vote for which definition they believe is true. Points are earned if your definition is correct or if you guess the correct definition, but also if the other players believe your definition is correct. Each point moves your piece another space around the board. The first person to reach to end square first is the winner.



WHAT IS YOUR FAVORITE CLASSIC GAME?

48% Monopoly
11% Life
14% Clue
6% Scrabble
8% Checkers
5% other
9% Don't play games

WHAT IS YOUR FAVORITE MODERN GAME?

25% Apples to Apples
10% Scene It?
8% Cranium
28% Don't play games
3% Catch Phrase
21% Taboo
4% other

Scientific telephone poll of 120 students with a margin of error of +/- 9.12 percent.

Apples to Apples is technically not a "board" game, but instead is a verbal game played with two different sets of colored cards. The red cards are labeled as people, places, things or events; the green cards each contain a different adjective. To begin the game a green card is read and each player chooses a red card from his or her hand that they feel describes the word on the red card. Each round results in both hilarious and insightful matches.

APPLES TO APPLES



B&O RAIDER



The object of Taboo is to have your partner or team guess a word by giving them clues. The trick is that there are five other words that you cannot say when giving clues. For example, if the word is baseball, the "taboo" words that also cannot be said are sport, game, pastime, hitter or pitcher. Participants can enjoy this game for a few minutes or a few hours, because there is no official end.



TABOO



BALDERDASH

Infographic by Bobby O'Connor



FRESHMEN SARAH JACKSON and Isabel Hammer struggle against each other at a practice in January. This year three girls have joined Shaker's wrestling team for the season.

Adam Maraschky • The Shakerite



Meet of the Month: US and Hudson at Shaker

KEY UNIVERSITY SCHOOL WRESTLERS:

James Inghram, sophomore, 103 lbs; Brad Wukie, freshman, 119 lbs; Nick Mills, sophomore, 160 lbs.

KEY HUDSON WRESTLERS: Tyler Saunders, junior, 119 lbs; George Murray, senior, 171 lbs; Clinton Standish, senior, 189 lbs.

KEY SHAKER WRESTLERS: Marcel Clopton, senior, 135 lbs; Aaron Reese, senior, 125 lbs; Ronald Kelly-Nunn, junior, 189 lbs; Roman Lawson, sophomore, 215 lbs.

NOTABLE: US finished seventh at the Alliance Top Gun Tournament; Shaker finished 19 of 42. Last year US finished fifth at the Division II state tournament, Shaker finished tied for 25. Shaker's Marcel Clopton finished second at the state tournament. Hudson has a young lineup this year. Saunders finished first at the Len Pariano Tournament; the team finished sixth.

Shaker's female wrestlers take down new sport

BY IESHA JONES
STAFF REPORTER

If Alaskan wrestling state champion Michaela Hutchinson opened doors for other female wrestlers, then Shaker's Letonia Hardin and two of her teammates stepped right into that door.

Hardin, a junior, is the oldest of the three female wrestlers on the Shaker team and is excited about the season.

Hardin said her interest began immediately after going to a cousin's wrestling tournament during her freshman year.

"I didn't think I could do it, since I wasn't that good at volleyball," Hardin said.

Hardin, as much as she embraces her newly found skill, is tired of being asked the same questions by other students.

"They ask 'are you serious,' 'do other girls wrestle,' 'do you wrestle boys?'" Hardin said. While they may ask all those questions, she says most students still respond to her sport with "that's cool."

Hardin said that she thinks wrestling is not a popular sport for girls because it takes place at the same time as basketball season and that most of the athletic girls are on the basketball team.

Sophomore Tai Wright-Bey, who plays basketball, said that wrestling is not popular among females due to a lack of familiarity.

"Girls aren't that familiar with it and it hasn't caught on to it

yet," she said. There are only three females on the wrestling team, one-tenth the number of males.

The male wrestlers on the team respect Hardin and the other girls, which Hardin wasn't sure would happen once she joined the team.

"I was surprised to hear girls wanted to wrestle but was impressed how hard-working and determined they were," junior wrestler Ronald Kelly-Nunn said.

Hardin has not wrestled in the last month because she is recovering from injuries.

"It's just injury time," she said. "I plan on going back in."

Mike Young contributed to this story

Women's basketball team starts strong

SHOWING CHARISMA WITHOUT KARISMA:

The women's basketball team beat Regina 65-64, previously undefeated and ranked number one by the Plain Dealer, at the Holiday Cage Classic. They have jumped out to a 9-4 record at press time and are ranked as the 8th best team in the area by the Plain Dealer. They have accomplished all of this with out their star center, Karisma Penn, who is out for the season after a knee injury she suffered in the preseason.

THIS EAGLE WILL LAND... ELSEWHERE:

The elite football program St. Edward's, underachieving this season with a 9-2 record, fired their long time head coach John Gibbons. Gibbons came under fire after an alleged altercation with a player following the team's playoff loss to Warren G. Harding.

Two months after the altercation, Gibbons is out of a job. Not for the incident, but for his performance, which St. Ed's suddenly believes is underachieving. They cannot rationalize Gibbons' firing with his record considering St. Ed's went 81-22 over his eight seasons as coach.

Although he never won a state championship, he reached the state final four twice. St. Ed's must have felt something was going on after that playoff loss or they wouldn't have used the lame "underachieving" excuse.

RIVAL ANTICS:

Shaker's men's basketball team has been one-upping the women. Recently, they beat Cleveland Heights in a game that had numerous twists including a 35-18 halftime lead for Shaker and a 37-12 run by Cleveland Heights to retake the lead. Sophomore guard Anthony Wells hit a key three-pointer with 45 seconds to put Shaker ahead for good, eventually winning 60-55. Also surprisingly, the game took place on a Wednesday. A sold-out crowd of 1,300 showed up, including a rowdy crowd from Heights who drowned out the Shaker crowd the entire game. Apparently, it wasn't a Thornton Park crowd.

SUPER BOWL SHUFFLE:

The matchup for Super Bowl XLI is set for the Indianapolis Colts and Chicago Bears. Here are some things to look for: The Colts need balance on offense by not abandoning the run game like the Saints did in the NFC Championship game. Colts QB Peyton Manning will have to show good decision-making like he showed against the Patriots. The Bears will feast on him and the Colts if they don't take care of the football.

Mike- Colts 23-17 Teddy- Colts 34-25



TEDDY
CAHILL



MIKE
YOUNG



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LIKE FATHER, LIKE SON:

Coaching skills don't fall far from the tree in the Bartley family. Hudson hockey coach Matt Bartley, son of Shaker hockey coach Mike Bartley, was named head coach of the Explorers after three years as an assistant in Shaker. The two have split their two meetings this season, with Shaker winning the first 6-3 in the Thornton Park Tournament and Hudson taking the second 3-2 on Jan. 12 at Shaker. "It was gratifying to show Dad you learned something," Matt Bartley said.

Raider Zone

01.31.07

Spoiling the beautiful game

Next year when the Cleveland Indians visit U.S. Cellular Field to play the Chicago White Sox, the game will begin at 7:11 p.m. This may not seem odd (the old start time was 7:05 p.m.), but when 7-Eleven paid \$500,000 for the rights to the starting time of White Sox's home games, it became obvious that the proliferation of advertisements in sports has gone over the top.



TEDDY CAHILL

For years, the day when advertisements would take over the sports world has crept up on us. It started innocently with some teams making an extra buck by selling the naming rights to their stadiums and the occasional bowl game, acquiring a sponsor to help them keep playing that year. But after the advent of pro football and the Super Bowl as ratings giants, the race was on to link big name companies to sports.

Feb. 4, when millions of Americans tune in for Super Bowl XLI, many will focus not on the game, but rather the commercials. A survey conducted by Knowledge Networks in 2003 stated that 20 percent of Super Bowl viewers are more interested in the commercials than the game. That kind of interest doesn't come cheap however, with a 30-second spot costing a record \$2.5 million last year. With so much money changing hands, every sports organization from Little League to NASCAR has begun to tap into all the new money.

Even the supposed pure amateurs of college sports have jumped on board, lured by the promise of more money and exposure. Of the 32 college football bowl games that were played this year, six were named solely after their sponsors. While 32 bowl games in one year is appalling itself, the more shocking aspect of the trend involves the overtaking of traditional game names by sponsors.

Even the Humanitarian Bowl, seemingly created so that Boise State University could play in a bowl game every year, has sold out. It is now called the MPC Computers Bowl, named for a company that an individual consumer cannot utilize. They specialize in providing computer services for small businesses. Why would a company like this ever want to sponsor a meaningless football game?

While the rest of the sporting world seems to have gone crazy, with sponsors awash with cash to owners who are as willing as ever to take the money and run, Shaker students may have noticed an absence of this trend. Cleveland's professional sports team owners as well as Shaker's administration display an unwillingness to fall prey to the corporations. The Indians, Cavs and Browns have not sold the naming rights to their stadiums outside of their owners. Dick Jacobs bought the naming rights to the Indians new stadium when he owned the Tribe, and Cavaliers owner Dan Gilbert bought the naming rights for his own company, Quicken Loans, after buying the Cavs.

Shaker, meanwhile, has no ads anywhere in its sporting venues. Not even the signs at the concession stands sport a sponsor's logo. Our administration should be applauded for its efforts to keep Shaker an advertisement-free location to watch a sporting event. Hopefully students will never see the day when Shaker's football games, sponsored by New Era's 59/Fifty brand, begin at 1:59:50 p.m.



Photo illustration by Dan Snider

SHAKER BASKETBALL PLAYERS Will Warren, Ryan Hines, Trevae Thomas, Cullen Clair, Teyvone Gross and the rest of the team huddle with head coach Bob Wonson. If the North Gym scoreboards were to have ads, this is what it might look like. However, the school district's philosophy is against having any advertisements of any kind in the school building. While advertisements may detract from a learning environment 56 percent of Shaker students said in a scientific poll that advertisements do not detract from their enjoyment of sporting events. Shaker's policy is counter to many other districts in the area, who have advertisements on their scoreboard and elsewhere in their stadiums and arenas. According to a scientific poll, 59 percent of Shaker students don't mind advertisements on scoreboards.

Athletic market remains untapped

BY MIKE YOUNG
RAIDER ZONE EDITOR

In the modern sports world, it is nearly impossible to go to a sporting venue without being bombarded by advertisements. This revenue stream is slowly creeping into the world of high school sports.

Based on precedent, it's unlikely that Shaker students will see large Pepsi ads in the North Gym, as is the case at other area high schools, such as Bedford.

Athletic Director Don Readance said that Shaker has received offers from advertisers but has turned them down. "We would receive some sort of monetary donation or equipment," he said. "It's not in line with the philosophy of the district."

It is a general philosophy of the district not to advertise within any school building, according to Peggy Caldwell, Shaker school district's director of communications. "It's not singling out athletics by any means," Caldwell said. "It's part of a general desire not to over-commercialize in the schools."

Offers from corporations looking to advertise for high school sports typically look for advertising space on scoreboards or inside gymnasiums. Only a limited number of companies extend their advertising to sponsor a sporting venue itself.

Strongsville's Pat Catan Stadium takes the name of the Pat Catan

Craft Centers, a rare example of stadium sponsorship. The Catan family donated \$400,000 towards the cost of building the stadium, which was completed in 2002.

In contrast, Shaker's Russel H. Rupp football stadium does not take the name of any corporation or local business. Rupp was principal at Shaker from 1946-1964.

According to a scientific poll, 59 percent of Shaker students don't mind advertisements on scoreboards.

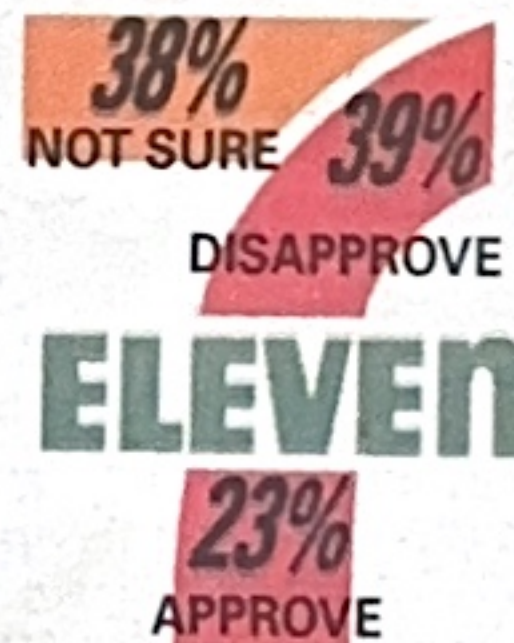
Readance, who also coaches women's basketball, does not think advertisements he sees in opponents' gyms isn't over-commercialization. "Each school has to choose whether they want advertisements," he said. "It's not so overwhelming that I mind it."

Men's basketball point guard Jaren Hill is fond of the ads in opponents' gyms. "In places like Garfield and Mentor, it's nice to see advertisers supporting the program," he said. Hill would like to see ads in Shaker's North Gym. "There are a lot of people [providers] behind the Shaker basketball program that should be recognized."

It remains highly unlikely that Hill will be checking out the scoreboard with a large advertisement placed indiscreetly below it anytime in the future.

"It's [advertising] has not been our practice," Caldwell said. "We certainly have resisted it."

Do you approve of the decision of the Chicago White Sox to start all games at 7:11 p.m., as an advertisement for the 7-Eleven chain?



Scientific telephone poll of 120 students with a margin of error +/- 9.12 percent.